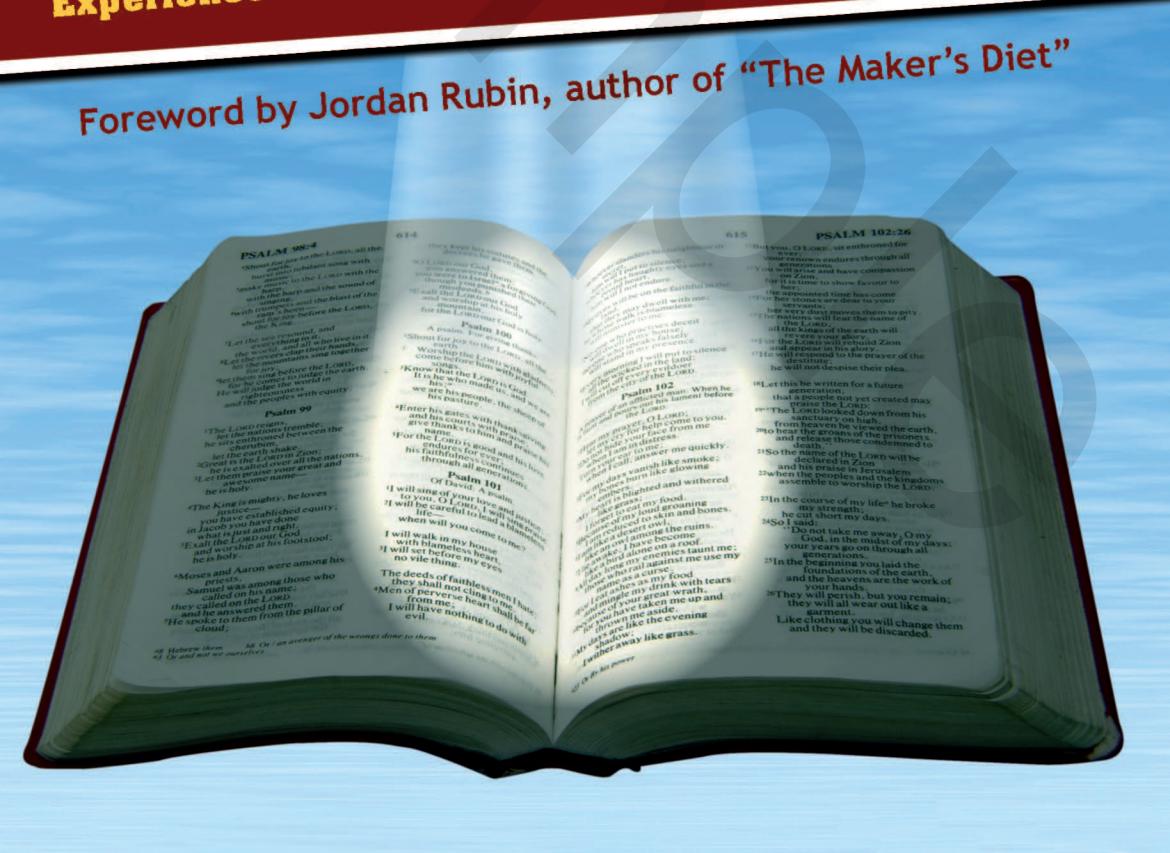


HEALTH ACCORDING TO THE SCRIPTURES

PAUL NISON

Experience the Joy of Health According to Our Creator

Foreword by Jordan Rubin, author of "The Maker's Diet"



Health according to the Scriptures

Experience the Joy of Health according to Our Creator

I say these things so that you might be saved.

—John 5:34

Paul Nison



©2015 Paul Nison

All Rights Reserved. No part of this book may be reproduced by any means, except for brief quotations embodied in articles and reviews, without the express written consent from the author.

Disclaimer

This book is not intended as medical advice. When going on a natural diet, there is always some risk involved. Because of this, the author, publisher, and/or distributors of this book are not responsible for any adverse detoxification effects or consequences resulting from the use of any suggestions or procedures described herein.

Printed in the United States of America

Fifth Edition, July 2015

Fourth Edition, January 2010

Third Edition, August 2007

Second Edition, May 2006

First Edition, September 2005



True Potential, Inc.

PO Box 904, Travelers Rest, SC 29690

www.truepotentialmedia.com

www.paulnison.com

www.torahlifeministries.org

Editor: Bob Avery (bobavery@umich.edu)

Layout and Design: Kira A. Long

Cover: Enrique Candiotti

ISBN # 978-1-935769-99-6

Nutrition/Diet Health Religion

DEDICATION

This book is dedicated to the ancient Hebrew scribes who retained our great Creator's names in their original Paleo-Hebrew forms and lived according to the Torah.

אֵלֹהִים

If you are sick or know someone who is sick, here is practical knowledge and truth from the Scriptures which will reveal how to avoid and cure sickness. This book is for you!

WARNING! Once you read it, you can no longer use the excuse “I didn’t know that.” Then what will you do? Your health will depend on it!

So then, anyone who knows the right thing to do and fails to do it is committing a sin. —James 4:17

Contents

What People Are Saying About This Book.....	ix
Foreword by Jordan Rubin	xi
Foreword by Pastor David Roberts	xiii
Acknowledgments	xv
Introduction	xvii
Notes to the Reader	xxvii
 Part 1: My Commandments Are Not Burdensome	
The Wise Shall Prosper	1
 Chapter 1	
From Disease to Wellness	3
<i>Your Words Are Healing to All My Flesh</i>	
 Chapter 2	
Keeping Your Word	11
<i>Commit Yourself to His Instructions</i>	
 Chapter 3	
Freedom	17
<i>The Truth Shall Set You Free</i>	
 Chapter 4	
The Power of Adaptation	25
<i>Let Yahweh Transform You into a New Person</i>	
 Chapter 5	
The Power of Temperance	33
<i>Yahweh is Near to All Those Who Call Him</i>	
 Chapter 6	
The Scriptures: Use Them or Lose Them	37
<i>The Teaching of His Word Gives Light</i>	
 Chapter 7	
Knowledge is Key: Listen and Obey	45
<i>That Is the Duty of Every Believer</i>	

Chapter 8

How We Have Forsaken Yahweh's Diet Plan 53

Let Each Generation Tell Its Children of Your Mighty Acts

Chapter 9

Nutrition according to the Scriptures 59

It Is Better to Trust in Yahweh than to Put Confidence in Man

Chapter 10

Yahweh's Designed Eating Plan 63

May Your Eye Take Delight in Following His Ways

Chapter 11

Yahweh Said Don't Touch That 73

A Person without Self-Control Is Like a City with Broken-down Walls

Chapter 12

Yahweh's Approved Foods 95

He Gives Justice to the Oppressed and Food to the Hungry

Chapter 13

Beyond Diet: Supplements and Herbs 109

Life Is More than Just Bread Alone

Chapter 14

Misunderstood Scriptures about Food and Diet 111

The Wise Shall Understand

Part 3: Divine Design — Yahweh's Schedule

115

Chapter 15

How We Were Designed to Eat 117

Do Not Add to or Take Away from His Words on How to Eat

Chapter 16

When We Were Designed to Eat 131

There Is a Time for Every Purpose under the Sun

Chapter 17	
Set Times to Eat	143
<i>Yahweh Separated the Day from the Night for a Reason</i>	
Part 4: Whom Do You Worship?	165
Chapter 18	
We Make an Idol Out of Our Food	167
<i>No One Is Able to Serve Two Masters</i>	
Chapter 19	
Meeting Your Emotional Needs	179
<i>Yahweh Hears the Cries of the Righteous</i>	
Chapter 20	
Dealing with People	181
<i>Remove me Far from Vanity</i>	
Part 5: Healing according to the Scriptures	189
Chapter 21	
Disease or No Disease	191
<i>Choose Life and You Shall Live</i>	
Chapter 22	
Healing according to the Scriptures	201
<i>The Fear of Yahweh Leads to Life</i>	
Chapter 23	
The Formula for Health	217
<i>He Will Heal All Disease</i>	
Part 6: In the End It Will Be As It Was at the Beginning	221
Chapter 24	
Putting a Plan Together	223
<i>Seek the Kingdom of Yahweh above All Things</i>	

Chapter 25	
Go in Good Health	231
<i>Seek His will, and He Will Direct Your Path</i>	
Conclusion	237
List of Clean Meats and Unclean Meats	243
Recipes	245
Resources	255
About the Author	257
Suggested Reading	261
Prayers	263
Index	265
Torah Life Ministries	270
Order Form	272

What People Are Saying About This Book

This Book Is a Must Read!

Are you searching for better health? Then this is one book that is a must read. Paul Nison seeks to impart the balance between Scriptures, science, and the real world. He strikes a balance between Moses and Jesus, and that is not an easy task! In *Health according to the Scriptures*, Paul presents a balance between the often-misunderstood differences between the Old and New Covenants.

In *Health according to the Scriptures*, you will be challenged to rethink entrenched beliefs that have destroyed the health of believers and agnostics alike. The junk Western diet is not our friend. Science when divorced from the Scriptures is not our friend either. We must get back to the Creator's guidelines, back to health, body, soul, and spirit. As we integrate and wisely practice scriptural guidelines, the joyful opportunity to rescue the health of this generation becomes ours — as well as to rescue the health of our children and grandchildren. In fact, that challenge is actually one of our highest callings!

Therefore, I wholeheartedly recommend that you carefully and prayerfully dig into this groundbreaking book. Paul has done us a service by reminding us to get back to our foundations, back to the guidelines that undergird our creation. I can guarantee you will find more Scriptures on health in this book than you knew existed — carefully hidden, but now revealed in the pages of both the Old and New Covenants. Take a new look at the scriptural wisdom and guidelines presented. Your health might depend on it!

—Dr. Roger L. DeHaan, author of *We Don't Die, We Kill Ourselves!*;
Our Foods are Killing Us!; and also *Restoring the Creation
Mandate: Healing or People, Pets, Plants, & the Planet!*

Your Teachings Have Changed My Life!

I have just finished your new book. Great job! I wish there were some way to get a copy in front of every congregation leader in this country. So many of us in leadership need to realize that we must stop picking and choosing the parts of Torah we want to obey. We have a greater responsibility to address the hard issues. Lifestyle changes are a hard issue and provide active obedience to the Word. Your teachings have changed my life by opening my eyes to this area of Torah. Keep the faith and battle on.

—Pastor Earl Walters

I Recommend This Book

If you are ready to reclaim your health, to live a disease-free lifestyle, or to eat your way out of a prevailing illness, this book points you in the right direction. *Health according to the Scriptures* goes far beyond the rigors of a good diet; it's a spiritual awakening to the Father's will for our natural lives. A multiplicity of books have been written about diets and fads that have exploded on the scene of late. *Health according to the Scriptures* is neither a fad nor a diet. It's a commitment to improve one's overall existence while submitting to Yahweh's plan for healthy living. I recommend this book to everyone who's serious about living a healthy lifestyle according to the Scriptures. Be blessed as you discover what Yahweh is saying concerning His health plan for you and your family.

—Pastor Robert J. Brady, Kol Davar Beit Midrash

Foreword by Jordan Rubin

Each and every person was created by God to live a long and abundant life. The Bible, long thought of as merely a spiritual book, is what I believe to be God's plan for our well-being in body, soul, and spirit. God promises us extraordinary health if we follow His commandments (Exodus 15:26) and listen to His voice. Unfortunately, in today's fast-paced, technology-based society, we have broken nearly all of the age-old health principles outlined in God's Word, the Bible.

Paul Nison's *Health according to the Scriptures* is a valuable resource for anyone who seeks to know and understand God's plan for complete health and healing. I rejoice when an in-depth book on Bible-based health and wellness appears on the market, especially one from a friend like Paul. His own journey to health through the Scriptures will inspire many. His knowledge and understanding of God's Word will motivate even the most hesitant reader as he or she turns each page.

This book could not have been published at a more propitious time. With the increase of obesity, cardiac disease, diabetes, cancer, digestive disorders, and a host of other illnesses in our world, this book will prove to be a welcome inspiration for all who seek wholeness in body, soul, and spirit.

If you love to study God's Word as I do and you are looking for Bible-based answers to your health issues, you will enjoy the insights that Paul Nison offers. God never intended for us to be sick. It was His plan from the beginning that we lead vibrant, long, and healthy lives. Paul Nison unveils some scriptural truths and secrets that prove that God has a plan not only for our souls and spirits, but for our bodies as well.

I encourage you to put what Paul has written into practice. He has done us a profound service by illuminating the path to health through God's Word.

—Jordan Rubin, Founder and CEO of Garden of Life and author of
New York Times best-seller *The Maker's Diet*.

Foreword by Pastor David Roberts

Health according to the Scriptures is a brilliant exposition, containing wonderful expressions of knowledge and enlightenment that explore the values of the true wealth of health. More importantly, this book will also help you establish the spiritual understanding of the created being that is called human. This book is a template of knowledge, insightfulness and wisdom — a creation produced by experiences in life that will benefit all who read it.

This book is filled with information on how to enjoy the abundance of life that Our Creator Yahweh has provided for those who obey Him and all His instructions. These instructions include His proper dietary laws. If followed, they will sustain us with “wealth and health” and give us the fullness of life that we all desire.

It is written from a poetic tapestry of experience and knowledge that gives us great erudition of the riches of The Most High One, Yahweh. The information is a great comprehension of the complexity of Yahweh’s true designs for man to live life in a way that is not only healthy, but creates an environment of refreshing spirituality, with anticipation for today, an appreciation for the beauty of life, and a greater awareness of what will cause us to miss out on a healthy and productive lifestyle.

This knowledge gives us understanding so we can have great health in order to bring a true, invigorated worship to Yahweh our Creator. The sagaciousness of this book will serve as a paradigm for generations to come for a well-balanced life of robustness, creating an invigorating life and the discipline to sustain wellness in health and the healing process that begins in the inward parts (mind). This book will inspire and influence your actions to live a wonderful and healthy lifestyle.

A tremendous Inspiration comes from Scripture (Katuvin):

Beloved, I wish above all things that you may prosper [tsaw-lakh'] and be in health [mar-pay'], even as your being prospers.

—3 John (Yochanan) 1:2

The value and importance of a vigorous mind, body, and spirit can happen if we allow the knowledge of this book to generate the wonders of a health-inspired lifestyle. A healthy lifestyle will produce a pleasant expression of our inward being that will be transmitted in the beauty of our smiles and facial expression, a brightness that can only be the expression of the wellness of a sound, wholesome, and well-balanced mind and body.

Health according to the Scriptures by Brother Paul Nison creates an oasis for us that will provide a refuge of relief from a lifestyle that tends to be filled with many handicaps of bad food choices that never energize us, to a lifestyle that is filled with a rebirth of a more purposeful life. Let the energies of life begin with this work of passion.

The book you have in your hand is a wellspring of healthy knowledge. Bless you, Brother Paul, and also your wife as well, who helps encourage you in this work. To you, Brother Paul, your wife, and all readers, I say to you, “Yev-arech-echah,” Yahweh bless you.

—David Roberts, Pastor of Victory Community,
www.yahwehsword.org

Acknowledgments

First, I owe a very special thanks to my wife Andrea — the most beautiful woman in the world — a true blessing to my life.

In addition, I owe special thanks to—

- all my friends who have been praying for me through the years, far too many to name here. I'm so grateful for your help and friendship.
- all the members of my family, who have always been supportive, no matter how much they might not have fully agreed with my ideas.
- all the health educators I've interviewed or whose books I've read on the raw food diet and/or health improvement.
- Bob Avery for editing this edition of the book and Joel Brody for editing the original text.
- Enrique Candiotti for the beautiful cover design and Kira Long for the layout of the book.
- Jordan Rubin for his foreword, wisdom, and friendship.
- Dr. Fred Bisci, who has generously shared his wisdom, friendship, and prayers — ever available to give uplifting advice.
- Brother Doug Mitchell for his knowledge and permission to use his writings from his website about the correct daily eating schedule we should follow and also for permission to excerpt from the book *The Entering Wedge*, published by Victor T. Houteff for the Entering Wedge Society of America. You can see this book for free on the Internet at: http://www.thebranch.org/Bible_Vegetarianism_Food_Combinations_VT_Houteff.

- Dr. Roger DeHaan for his suggestions with this manuscript.
- Jordan Rubin for his foreword and passion to get this message out.
- my spiritual team: Baruch Bobo and Pastors Willard Cooper, Doug Mitchell, David Roberts, Allen Stanfield, and Earl Walters for all their knowledge, openness, and prayers.
- Yahweh's Congregation (www.yahwehsword.org) and Pastor David Roberts for his weekly inspiration and great preaching of the true message of Yeshua, as well as pamphlets that provided some of the text in the preface of this book.
- all my friends who welcomed me into their homes over the years. Your kindness was of great help — an ongoing inspiration I will never forget.
- and above all, to our Heavenly Father Yahweh, Hallelu-Yah!

Introduction

I take no pleasure in the death of wicked people. I only want them to turn from their wicked ways so they can live. —Ezekiel 33:11 [NLT]

When I was 20 years old, I was diagnosed with *inflammatory bowel disease*, a deadly disease medical doctors still have no cure for. Against my doctor's advice, I changed my diet and life-style and healed my condition at 22 years old. I was so thankful for my recovery that I wanted to find every tactic possible to help others tormented with health challenges, especially those who seemed to have no hope in sight to restore their health. My own healing experience led me to believe people should never give up hope. My recovery convinced me that diet plays a huge role in causing and healing from disease. But I knew there was more than just diet alone. It was obvious that emotional issues and stress also had an extensive influence on the condition of my body.

One day, it was presented to me that there are spiritual issues that can result in physical disease. At the time, I was searching for a spiritual path to follow myself, not believing in one particular path. I figured if one god had countless solutions, various gods would have loads of answers.

It wasn't until years later when I was giving a lecture that this man I met afterwards informed me that the Bible was the greatest health book ever written. Up to that point, the only scripture I knew was Genesis 1:29 that declared man's food should be fruits and vegetables. I was all in favor of that scripture because the solution to my healing was eating a diet of only raw fruits, vegetables, nuts, and seeds. Beyond that verse, I had no intention to read the Scriptures. However, after he mentioned the Bible contained messages about health, I was curious to find out if what he was declaring was accurate.

I was very interested to know why he thought the Bible was a better health book than my book that took me years to write. I had tons of information about all aspects of health. Up to that

point, I'd read or seen many health books and articles on health. I was sure there might have been some books out there that were just as good and maybe better, but I didn't see any at that time that had the wisdom I was sharing in my book and lectures. I didn't want to seem like I knew it all, but after being on the brink of death with a deadly disease that doctors had no cure for, I felt I had more answers than the occasional doctor who wrote a book, or even a best-selling author at that time. I believed this because none of them were as sick as I was, and none of them understood how to heal disease the way I did. So I looked at this fellow and I said I'd like to see the book.

His reply was simply, "Okay, but you have to make me a promise before I give you the book."

This piqued my interest even more. "Here's the deal," he said, "I will give you the book for free, and if you don't find it to be the best book ever written on the topic of health, give it back to me; but if you do agree with me that it is the best health book ever written, you have to tell other people about it."

Of course I agreed to his deal. Just when he was about to give me the book, he told me one more part of the deal: before letting him know what I thought about it, I had to promise I would read the whole book cover to cover in order. No problem, sir, now can I have the book? He handed it to me. I looked at the cover, and it said, *The Scriptures*.

Normally I would have told him I wasn't a religious person and given him the book back as I did many times before when someone handed me the *Scriptures*. But this time was different; I was excited to read the book and prove him wrong. I wanted him to see that it could not possibly have more information about health than my book.

After reading the whole book, I can say I was very wrong, and I haven't given him the book back. So, because I am a man of my word, now I have to tell everyone else about it.

The *Scriptures* are truly the best health book ever written. They are about complete health from a physical, emotional, and spiritual standpoint. If anyone disagrees, I make that same deal that fellow made with me. If you don't agree, fine, but read the

whole book in order before developing an opinion.

If you want to identify the supreme way to eat for ultimate health, search the Scriptures, and you will locate your answer. The Scriptures (James 1:17) proclaim all that is good comes from Yahweh (Our Creator, commonly referred to as, God, Lord, Adonai). It is a waste of time searching for someone or something that understands more than our own Maker about the human body and how to keep it functioning at its best. Our Creator is the finest doctor, healer, and supplier. Everything we need comes from Him.

The health puzzle facing so many of us today can be solved with simple scriptural answers:

The keys to good health are

1. Learn what Yahweh wants for you, and pray about it!
2. Take action, and live according to His instructions!
3. Enjoy all His blessings!

This exciting discovery means we all have the capability to be healthy!

Everything and everyone has a purpose in life, including us. To carry out that purpose, we must be healthy. Yahweh made our bodies so amazingly to overcome disease and discomfort. Now we must visit what the Scriptures say about health and healing to get back our good health that Yahweh promised us. It is my prayer that this book will help you accomplish that.

The reason I was led to write this book was because as I started teaching in churches, I noticed to my surprise more prayer for the healing of disease than for any other topic. I wondered how these people had the greatest health book ever written in their hands and were still experiencing disease. I thought that instead of praying for healing of disease, they should have been praising Yahweh for wonderful health. I was mystified.

After more time in various assemblies and churches, I became aware of the problem. The majority of people weren't reading their Scriptures, and the people who were, weren't following the instructions.

The first thought bewildered me. How can people not be inspired to read the instruction book of life, Our Creator's very own guidelines on how to live a long life in health, peace, and joy? After realizing it had taken me many years also to open the book and read it for the first time, I understood the answer. Each of us has to be ready to explore the information firsthand for ourselves. Often it takes a dramatic near-death experience for someone to be ready to see what our Creator has to offer.

The second thought revealed a more common issue, people reading but not willing to follow what the Scriptures say. Whether it is because lack of faith, lack of understanding, deception, or addiction to living certain lifestyles, many so-called believers today are not willing to entirely change their lives to go along with the instructions of the Scriptures, found in the Torah.

The sad fact is that we live in a world today where the majority of people have little interest in learning and obeying Yahweh's Word. We have more people living today against the guidelines found in the instruction book of life than ever before. We are also in a time when there is more disease and sickness than ever before. It doesn't take a genius to figure out the connection.

The closer our relationship is with Yahweh, the more we will identify and understand what He desires for us. He does not want us to be sick, and He never wanted us to suffer with disease. He wants us to love Him and understand that He created us, and He can keep us healthy.

Yahweh ordered us to observe all these laws, to fear Yahweh our Creator, always for our own good, so that He might keep us alive, as we are today.

It will be righteousness for us if we are careful to obey all these instructions before Yahweh our Creator, just as He ordered us to do.

—Deuteronomy 6:24-25

Deuteronomy 4:1 tells us we are to listen and obey, so we may live! All of Scripture has this same message. We are not instructed to do any more or any less than study, obey, and believe! Yahweh will take care of everything else, showering us with many blessings if we just do those three things.

If you want to live a long, healthy, joyful life, you need to realize that we are all going to die one day, and we can assure our eternal salvation only by the blood of our Messiah Yeshua (commonly called today Jesus). However, it's by keeping Torah (Yahweh's instructions and guidelines) that we are blessed with great health and joy while in our physical, earthly body.

In Deuteronomy 28, we are clearly shown the blessings and curses that coincide with obedience and disobedience. Disease is the result of sin. What is sin? Disobedience is sin! There are a few who may experience disease not as a result of sin, but for the glory of Yahweh. An example is the blind man in John 9. However, most people experience disease as a result of their lack of responsibility and lack of action for their own welfare.

It says in Scripture that many are called, but few are chosen (Matthew 22:14). However, I believe the correct translation is, "Many are called, but few choose." We each have a choice, and our actions reveal our hearts. If you seek to follow master Yahweh's plan, He will supply all your needs and bless you. You have to take responsibility for your choices. Many people do not like to confess it, but deep within their hearts, they realize the way they live and the choices they make result in the condition of their overall health or lack of it.

There are many good-hearted believers attending assemblies all over the world who are being deceived about the role of responsibility and obedience to Torah (the commandments, will, and guidelines of Yahweh). Consistent with the idea of grace without works, they experience the same diseases as nonbelievers.

It may be hard to comprehend my message because if what I am suggesting is accurate, everyone will be diagnosed with disease in one form or another because we all sin. Yahweh provided us with the magnificent gift of His Son, Yeshua, who shed His blood for us for those times we are not perfect. That is the distinction from all the other religions of this world. When you decide to follow Yahweh, you always have a savior. The blood of Yeshua will wash away those times when you are weak. However, that grace will not cleanse a disobedient heart. Grace is not a justification to keep living in sin. Grace is Yahweh's mercy to give

you time to get stronger and closer with Him. Grace without works is dead, and works without Yeshua are nothing. We need both to be blessed!

If you have a firm understanding of the Word, it will be harder to be deceived. The Scriptures tell us many people are destroyed because of lack of knowledge (Hosea 4:6).

What do you do once you attain the knowledge? Knowledge is insignificant without action. In fact, the Scriptures say if you know something is good for you and do not do it, to you it is sin (James 4:17). If we never discovered what we were doing was harmful for us, there could be an excuse not to do it; however, once it is revealed that it is harmful, we no longer have the excuse that "I didn't know." The more we have been made aware of it, the more accountable we should be.

If I had not come and spoken to them, they wouldn't be guilty of sin; but now, they have no excuse for their sin. —John 15:22

People may ask, "What if we didn't know?" That is more reason to study Scripture, so we can learn what is beneficial and what is of Yahweh.

"Whoever has ears to hear with, let him hear!" —Luke 8:8

Yeshua came to reveal to man the will of His Father in heaven. For the Son of man was not sent to destroy souls, but to make them live (Ezekiel 33:11, Luke 9:56).

Whether you comprehend it or not, if you don't fully seek to obey His will for your life, your chances of getting disease will be immense! Yahweh is near to all those who choose to obey Him (James 4:8). The more we seek His path, the more He blesses us with wisdom and understanding. Disease is usually the result of us choosing to take our own path instead of the one He has laid out for us.

Deuteronomy 4:4 reveals to us that everyone who is faithful to Yahweh will survive (be saved). But it also shows us in Deuteronomy 9:14 that Yahweh will destroy everyone who seeks to follow other gods and the ways of man (by war, hunger, or *dis-*

ease). There is only one way to ensure we will endure: as Yeshua told us, Yahweh is the only way!

I have done my best to present the message in this book. My prayer is that you haven't overlooked this significant message I'm trying to convey to you about your health. What you eat is extremely critical, and this book will reveal to you the valuable message about eating according to the Scriptures. However, it is not only what goes in your mouth, but also what comes out of your heart that determines your health. If you live in obedience to Yahweh and *always* seek to honor and please Him, Yahweh will bless you with *every* kind of good fruit, and you will grow and learn more and more as you continue to draw closer to Yahweh (Colossians 1:10).

I see countless people in the health field searching for other ways to attain great health, but there is no other way in the history of the world that has the power that Yahweh has. History speaks for itself. Praise Yahweh that we can be with Him if we choose. No food, doctor, special diet, or exercise is going to give us the protection and blessings that He can give us.

I understand the urge to rely on numerous methods of healing. However, few of these are from Yahweh, and if you want to be healthy and enjoy our Creator's awesome power, you must detach from putting your faith in things that are not from Yahweh.

Deuteronomy 5:8-9 warns us that we must not have any idols in our lives or bow down and worship any other gods. If we do these things, not only will we suffer, but our future generations will also suffer. He lavishes His unfailing love on those who love Him and obey His commands for thousands of generations, but He does not hesitate to punish and destroy those who reject Him (Deuteronomy 7:9-11).

Yahweh loves those who love and obey Him and only Him! (Deut 5:10). If you obey, you will *enjoy* a long life (Deuteronomy 6:2). That word 'enjoy' is so powerful and makes all the difference. What good is a long life if there is no joy?

Yahweh is the one true Creator in both Heaven and Earth, and there is no other! If you obey all His decrees and commands, all

will be well with you and your children. You will enjoy a long life (Deuteronomy 4:39-40).

But seek first His Kingdom and His righteousness, and all these things will be given to you as well. —Matthew 6:33

In order to obey the instructions of Yahweh your Creator which I am giving you, do not add to what I am saying, and do not subtract from it. —Deuteronomy 4:2

After traveling all over the world, I've seen various eating customs and traditions, and the majority of them are breaking the command to keep our temples (our bodies) clean and pure. People are destroying their temples with every abomination to their lives. The most often used weapon to destroy the vessels Yahweh has given them is eating!

Hear, oh earth! I am going to bring disaster on this people; it is the consequence of their own way of thinking; for they pay no attention to My words; and as for My Torah, they reject it. —Jeremiah 6:19

I created this book to reveal to everybody what the Scriptures have said about our health and also how we should eat: not only the type of food that is good for us, but when, why, and how to consume it, as well as what foods to avoid.

No matter what your situation, you can change your ways and begin to eat more along the lines Scripture guides us toward. No matter how far you may have背slidden from the instruction guide, it is not too late to start doing what is right. I've seen people with the worst diseases overcome their health issues by using the principles herein.

I have started a ministry based on these principles, Torah Life Ministries. With this ministry, it is my passion to reveal to believers all around the world that they must take care of their health, and they need to eat more healthfully. Another branch of this ministry is to teach the nonbelievers of this world who already know about eating healthfully that we have a Maker of all things. The food they are eating and the world we live in all come from

Yahweh, and no matter how much good food we consume, we must confess Yeshua is Messiah if we want to be saved.

People ask me which part of my ministry is the more challenging. A simple answer is, “It is easier to change a man’s religion than to change a man’s diet.” Whoever you may be reading this book, I am not trying to change your ways or convert you to something you are not ready for. I only want you to understand that wherever you are, there is a more excellent way.

Notes to the Reader

How to Read This Book

The material in this book is separated into different parts to simplify its message. Although you may be tempted to skip right to the recipes or read the chapters haphazardly, the book was written to be read in order. I prayerfully designed the book so you can receive the most benefit from it in the order in which it is presented. It is important to understand each concept without missing anything before moving along to the next one.

Biblical Names

In this book, I use the true names of our Creator and His Son. Yahweh (YHWH) is the name of our Heavenly Father, and His Son's name is Yeshua. Yeshua means 'Yahweh's salvation'.

To help you understand and follow the pattern of names I use, I have alerted you by writing 'Yahweh (The Creator, commonly called God, Lord, Adonai)' and 'Yeshua (Our Messiah commonly called Jesus)' when these names first occur in the introduction. The rest of the book will not have '(God, Lord, Adonai)' or '(Jesus)' following the true name. The true names will also be substituted in biblical quotations wherever God, Lord, Adonai and Jesus are used in the cited translation's text. If you are interested in more information about the true names, you may also search the internet or contact me via my website www.torahlifeministries.com.

For better understanding, I also translated the following in certain texts: 'Lord your God' has been translated to 'Yahweh your Creator'. The Hebrew word *Mitzvot* has been translated to 'instructions'. Holy Spirit has been changed to Set-apart Spirit, or *Ruach haQodesh* in Hebrew.

Unless otherwise noted, all scriptural translations are from the Complete Jewish Bible, translated by David H. Stern. Other translations quoted and referenced herein are the New International Version (NIV), New Living Translation (NLT), the King James Version (KJV), and the New King James Version (NKJV).

Law versus Grace

Many Christians say they are saved by grace, so they no longer need to follow the law. This whole issue of law vs. grace has arisen because of a mistranslation of scripture.

In the original writings, the word 'law' as we know it was not there. Instead it said 'Torah'. Many people think the word 'Torah' means 'law', but it doesn't. It means 'guidelines' or 'instructions'. The will of Yahweh should be the foundation of our faith. To keep his Torah on our heart and in our actions should mean everything to us.

Yeshua did not do away with the instructions and guidelines of Yahweh. He came to serve as an example for us about how to achieve His Father's will. By our own strength, we cannot achieve perfection; but by His spirit, we can do all things in Him who strengthens us. Anytime we have not achieved His will, the blood of Yeshua carries us in those times we fall down, as long as our hearts and intentions are in the right place.

However, we are not healed by His stripes if we do not seek His will. If you want to have the blessing of health, follow the role model Yeshua set. That is why He is known as the Living Torah.

The word 'Torah' refers to the first five books of the Scriptures: Genesis, Exodus, Leviticus, Numbers and Deuteronomy. These books are the foundation of the Scriptures.

I also want to make it clear that no matter how much we are obedient to Yahweh's Torah, salvation comes only by the blood of the Messiah Yeshua. However, we must always remember He gave us the Torah to remain safe, healthy, and be blessed. The more obedient we are to His Torah, the more blessings we will receive.

In the subsequent text and scriptures in this book, I have replaced the often misquoted word 'law' with 'Torah' as needed in order to clear up confusion.

PART 1

**My Commandments
Are Not Burdensome.
The Wise Shall Prosper.**

CHAPTER 1

From Disease to Wellness: Your Words Are Healing to All My Flesh.

I will never forget Your commandments, for You have used them to restore my joy and health. —Psalm 119:93 [NLT]

How I Healed from an Incurable Disease

Growing up in Brooklyn, New York, I had everything available to me in excess. My teenage wisdom kept me from making the wrong choices when it came to things like drugs and gangs, but I had no idea what damage I was causing to my body with my diet.

Here are some reasons why I had no idea that I was eating a harmful diet:

- My parents fed me common foods that everyone else was consuming.
- The teachers in school never taught me about healthful eating.
- Stores near my house were selling the foods.
- No doctor ever told me I had to be careful of what I ate.
- No one ever told me what food was healthful or not healthful. In fact, no one ever told me that food can cause disease. So I never put any connection between food and health.

When I was young, my friends used to say I had a stomach of iron because I could eat anything and not get sick. Girls used to get upset at me because I could consume as much as I wanted and not put on weight. I thought I was just lucky, so this led me to eat whatever food I wanted to, as much as I wanted to, and whenever I wanted to.

The only time my dad would mention food to me was when

he would say, “I’m going to the supermarket; what would you like me to buy you?” And the only time my mom would mention food was, “What would you like me to make for dinner tonight?”

Now I realize that the only reason I didn’t get very sick when I was younger was because when we are young, we can eat just about anything and feel okay; but as we get older, what we consumed when we were younger catches up to us.

Reflecting back, I can recall this was the average diet for me:

Wake up:

Four frozen waffles, toasted, with a load of sugary “syrup”

A few bowls of cereal

Morning snack:

Donuts or cookies

Lunch:

Pizza, hotdog, or hamburger with soda

Afternoon snack:

Cookies, cakes, candy, and more soda

Dinner:

Chinese food, pizza, potato chips, and more soda

After dinner snack:

Cake or cookies and more soda

Before bed:

Soda or fruit juice drink (not fresh juice)

Notice I didn’t have any produce at all in my diet. Also notice that this is the diet common to most people today. But back then, I didn’t have any reason to worry about getting sick because I felt great, looked great, and lived great.

Then as I got older, I wanted to be able to be a winner when competing in sports, so I got involved with working out in a gym and reading bodybuilding magazines. Amongst all my friends growing up, I was the one who did everything to take care of my body. While they were playing sports, I was exercising in a gym. While they were reading magazines about cars, girls, and money, I was reading bodybuilding magazines. I wanted to be fit and healthy, and I thought I was. I was able to run the fastest,

lift the most, and last the longest when up against most of my friends in competition.

I was sure my diet in my teenage years was much better:

Wake up:

Bagel with bacon and cheese

Scrambled eggs

Orange juice

Morning snack:

Protein shake and muffin

Lunch:

Pasta with meatballs, french fries with soda

Evening snack:

Ice cream or cookies

Supper:

Steak or some other meat with soda

Before sleeping:

Fruit juice

So that was my healthy diet growing up. Look familiar?

I was feeling great, so I had nothing to worry about. It seemed as if I had more energy than ever and was able to do more than anyone else.

Other than my diet, here's how I was living when I was nineteen years old:

5:00 a.m. — Wake up and take a train to New York City to the gym before work.

6:00 a.m. — Get to the gym and work out.

7:00 a.m. — Get to work.

5:00 p.m. — Leave work and take a train to college.

6:30 p.m. — Get to college.

9:30 p.m. — Leave college.

10:30 p.m. — Get home from college.

11:00 p.m. — Eat and watch TV for two hours.

1:00 a.m. — Go to sleep.

But everything was fine. I felt great, and I had so much energy. I never did like coffee, so I knew it was not stimulation I was running on. Oh, did I mention that all that soda I was drinking was called "Jolt!"? Just in case you've never heard of that, that's soda with like five times the caffeine of regular soda.

At age twenty, my health hit a brick wall. I started moving more slowly, my 30-inch waste was now 33 inches (but I was able to hide it well with my clothes), and I started to get bad stomach-aches. Finally, I was home watching television one night when I got some bad stomach pains. I rushed to the bathroom. After I was in there for a while, the bowl filled with blood.

I was scared but didn't tell anyone, so I could wait and see if it was a one-time thing. It kept getting worse. My weight went from 160 to 120 in a few days. I finally went to the doctor, and she told me it seems I had food poisoning. What, are you kidding me? I knew it was more than that! After more time with the doctor running a bunch of tests, I was diagnosed with inflammatory bowel disease (also known as Crohn's disease, or ulcerative colitis), a deadly affliction.

The doctor told me there was no cure for my illness. She told me I was at high risk for colon cancer — at 20 years old! — and I had to take drugs for the rest of my life.

I took the drugs and did everything the doctor told me, but I wasn't getting better. I was getting worse. So I figured she wasn't a good doctor. I went to other doctors and did everything they told me to do. Still I was getting worse. I experienced side effects from the many drugs I was taking that were worse than the illness I was trying to control. I finally realized that the doctors didn't have the answers I was able to deal with, so I had to look elsewhere.

I read somewhere that diet had a lot to do with my illness, and it can be cured. I thought this can't be my cure because I was already eating a great diet. When I saw the list of foods to avoid, I realized that was my diet! As I eliminated those foods from my diet, I felt better and better. I still was not completely healed. I replaced all the foods that I eliminated from my diet with what I thought were more healthful choices. This was my new healthier diet:

Wake up:

Tofu pancakes with organic syrup

Orange juice (not fresh squeezed)

Soy or rice milk

Mid-morning snack:

Organic cookies or soy muffin

Lunch:

Frozen soy pizza or soy burgers

Fruit-sweetened soda

Afternoon snack:

Soy ice cream

Dinner:

Pasta and wheat bread

Snack before going to sleep:

Soy milk with organic cake

A big improvement, huh? Today I know many people who add the word ‘organic’ or ‘soy’ to the same foods they were eating before and think they are now living healthfully. I thought the same thing, until...

To reduce the stress in my life, I moved from New York to West Palm Beach, Florida, at 23. I ended up moving not too far from a place called Hippocrates Health Institute. It’s a natural health spa where people cleanse and strengthen so the body can heal from all types of so-called incurable diseases that the medical doctors have no answer for. I immediately began their program, switching my diet to a vegan diet consisting of 100% raw, ripe, fresh, organic fruits, vegetables, nuts, and seeds — and stopped overeating.

I called my doctor in New York City to make sure it was okay. When she told me, “No, it is very bad for you to eat that way,” I knew I was on the right track.

I was amazed at how quickly my health returned. I was completely healed in no time. This led me to simplify all areas of my life. With my new understanding of “less is more,” I left my office job and wrote some books about my story and the Hippocrates program. Now I spend my life traveling, giving lectures about

health, and living simply all over the world.

It wasn't until years later that I was led to read the Scriptures for the first time and nearly fell out of my chair. You see, years ago when I was sitting in a waiting room office, someone told me to read the Scriptures, and I could be healed. I said no, thanks; I don't need that book.

Well, once I started to read it many years later, I saw that the diet suggestions in the Scriptures that Yahweh told us is medicine for us, is very close to the Hippocrates diet. I could have saved so much time and spared myself from so much pain if I had discovered this message years earlier.

But Yahweh had His timing for a reason, and I am so thrilled about where He has brought me today. Because of what I went through, I have such a passion and desire to learn more about the Scriptures and help people heal from their illnesses.

My life is now dedicated to studying and living according to the Scriptures and to developing my relationship with Yahweh. It is my prayer to help as many people as possible see the amazing health message of the Scriptures and to help them get to know and understand their Creator.

I am so excited that even though we live in a time where more people than ever before are living against the instructions found in the Scriptures, many people are looking more to Yahweh for the answers they couldn't find anywhere else. Today, the excessive number of choices available to us has confused many about whom to turn to when they have no hope left. This has resulted in the world's current tragic condition, especially when it comes to health. But many find Yahweh because of their trials.

I believe the Scriptures provide simple answers to keep us safe and get us back to a healthy state. I wrote this book to help everyone see that we truly have a Creator, and He wants the best for us. We just have to listen and believe. Following His directions is the only way we can truly be healthy in this world! When deeply understood and applied to our lives, the Scriptures give us the guidelines we need to stay healthy and fit and live a long and fulfilled life. May this book help you realize that!

It is my prayer that all people be blessed to fall in love with

Yahweh, who has lovingly revealed through His Word what is best for our health and well-being.

The more I study and pray about the Scriptures, the more I see how Yahweh has given us instructions for how to stay healthy physically, emotionally, and spiritually. I also realize more clearly why people suffer with disease.

I have given hundreds of presentations on the healing message of the Scriptures, and people are getting the point! Others have overlooked and rejected this information before making any attempt to confirm it. Instead, they choose that which will cause disease. A majority of us reject this knowledge willingly; however, many have simply been deceived. Lack of knowledge and laziness are often reasons why people continue to stay addicted to an unhealthy lifestyle. The great news is that more information is available than ever before to help guide people back in the right direction. It's such an exciting time to see people restoring their relationships with our heavenly King, Yahweh.

I present this message because our heavenly Father Yahweh has blessed me with insight about this subject and because it worked in my life, restoring me to health! I want to share this understanding with all who seek His will. Once the blessings are received by applying the instructions, your health will improve, and your faith will grow. I can't think of anything else that can be more encouraging.

The information I present duplicates the instructions Yahweh has given us in His great guidebook, the Scriptures. Since the Scriptures are rarely read in their entirety, the writings in my book may seem to be different from what you have been trained to believe. However, if you simply read the Word, you will find that I have kept the context of the message of Yahweh. It would be wise to study the points covered. When you adjust your actions to go along with this guide, you will be blessed by Yahweh.

Many brothers and sisters who truly have a heart for Yeshua are just as sick as nonbelievers. Yahweh wants better for us, and we have His instructions to reverse this unfortunate trend that is taking place. We need to have all people who preach the Word

of the Scriptures stick to what it says, without trying to replace this important information for any reason.

As believers, we need to study and research what we are being taught to make sure it goes along with what the Scriptures say. As long as we consistently study the Word, no one will be able to mislead or deceive us. Good-hearted people should be blessed with good-hearted teachers who teach the Word of Yahweh. If we do that, we can all be blessed with great health.

Read Scripture daily and take action to follow the instructions. If you do, you will stay healthy, and there will be very little need for healing prayers. Instead, we will have more praising prayers for our great health. Hallelu-Yah!

Our comfort zone should go along with Yahweh's Word one hundred percent. We have to avoid and eliminate any lack of faith, man-made traditions, and pagan customs that have crept into teachings of Scripture over the years. We need to get back to the pure essence of His beautiful Word without any dirt thrown in. Even if we have become accustomed to — or even addicted to — living more in accordance with the world than with the Scriptures, it's time to clean up and experience the true beauty and joy of Yahweh's pure teachings and customs. When you do, any pain you suffer will be reversed and turned into joy.

In this book, I am going to introduce you to Yahweh's healing medicine. It is written to all those who want to experience Yahweh's healing touch and blessing of good health. Put the comforts of this world aside, and find comfort in the true Word of Yahweh. Once you do that, you will experience health according to the Scriptures.

Hallelu-Yah!

We hope you've enjoyed this free sample of *Health According to the Scriptures*. For more information on purchasing *Health According to the Scriptures*, please visit

[http://www.truepotentialmedia.com/
product/health-according-to-the-
scriptures/](http://www.truepotentialmedia.com/product/health-according-to-the-scriptures/)



*For I know the plans I have for you, says Yahweh.
They are plans for good and not for disaster,
to give you a future and a hope. – Jeremiah 29:11*

The Scriptures were given as a guide for how to live our lives, and that includes the area of health. In this book, author and raw food enthusiast Paul Nison will show you how to live a more fruitful, healthier life and inspire you to live each day according to Yahweh's divine plan.

If you've been searching for the blessings of excellent health, then *Health According to the Scriptures* will present you with the timely information you need to enjoy a good long life. The information in this book will provide you with something only Yahweh can promise, a future and a hope!

“Paul Nison’s Health According to The Scriptures is a valuable resource for anyone who seeks to know and understand God’s plan for complete health and healing.”

-Jordan Rubin, Founder and CEO, Garden of Life, New York Times best-selling author of “The Maker’s Diet”

Health According to the Scriptures goes far beyond the rigors of a good diet; it's a spiritual awakening to the FATHER'S will for our natural lives.
- Pastor Robert J. Brady, Kol Davar Beit Midrash

\$19.99

ISBN 978-1-935769-99-6



 **True Potential**
REACH THE WORLD

PO Box 904 Travelers Rest, SC 29690
www.truepotentialmedia.com